## WHAT IS CLAIMED IS:

1. A mechanic's track creeper, comprising:

a creeper, comprising a body, and a rail interface coupled to the body,

wherein the rail interface of the creeper is operatively engageable with a rail having a translational axis,

wherein the rail interface of the creeper comprises a means for ensuring proper alignment of the rail interface relative to the rail, and

wherein the creeper is enabled to translate from a first position to a second position along the translational axis of the rail.

- 2. The mechanic's track creeper of claim 1, wherein the creeper comprises a plurality of rail interfaces.
- 3. The mechanic's track creeper of claim 1, wherein the rail interface comprises a first wheel, capable of being operatively engaged with the rail.
- 4. The mechanic's track creeper of claim 3, wherein the first wheel is flanged on at least one axial end, such that when the wheel is operatively engaged with the rail, the flange is operatively engaged with a side-wall of the rail, to ensure substantially proper alignment of the wheel relative to the rail.

- 5. The mechanic's track creeper of claim 3, wherein the wheel has a side-wall flange engaging axial end, such that when the wheel is operatively engaged with the rail, the side-wall flange engaging axial end of the wheel is operatively engaged with a side-wall flange of the rail, to ensure proper alignment of the wheel relative to the rail.
- 6. The mechanic's track creeper of claim 3, wherein the rail interface also comprises a guide bar, disposed such that when the wheel is operatively engaged with the rail, the guide bar is operatively engaged with a side-wall of the rail, to ensure proper alignment of the wheel relative to the rail.
- 7. The mechanic's track creeper of claim 2, wherein the rail interface comprises a plurality of wheels, each capable of being operatively engaged with the rail.
- 8. The mechanic's track creeper of claim 1, wherein the rail interface comprises a sliding runner.
- 9. The mechanic's track creeper of claim 1, wherein the creeper comprises a translational locking device, which substantially fixes the creeper in a first translational position along the rail when engaged, and allows translational freedom of motion of the creeper along the rail when disengaged.

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- 10. The mechanic's track creeper of claim 1, wherein the body of the creeper comprises:
- a lower frame, to which the rail interface is coupled;
- a swivel coupling, coupled to the lower frame; and
- an upper frame, operatively coupled to the swivel coupling, providing the capability for the upper frame to be rotated relative to the lower frame.
- 11. mechanic's track creeper of claim The further comprising a rotational locking operatively engageable between the lower frame and the upper frame, such that the upper frame remains substantially rotationally fixed relative to lower frame when the rotational locking device is and has substantial engaged, freedom of rotation relative to the lower frame when the rotational locking device is disengaged.
- 12. The mechanic's track creeper of claim 1, further comprising a means for an upper surface of the body to translate substantially vertically.
- 13. The mechanic's track creeper of claim 1, wherein the body comprises a configurable upper surface capable of supporting a user in a relatively supine

position in a first configuration, and capable of supporting a user in a relatively seated position in a second configuration.

- 14. The mechanic's track creeper of claim 1, further comprising a support feature coupled to an upper surface of the body, capable of providing enhanced support for a part of the user's body.
- 15. A mechanic's track creeper, comprising:
- a creeper, comprising a body, and a rail interface coupled to the body; and
- a track, comprising a rail, with an elongated dimension defining a translational axis;

wherein the rail interface of the creeper is operatively engageable with the rail, wherein the creeper is enabled to translate from a first position to a second position along the translational axis of the track.

- 16. The mechanic's track creeper of claim 15, wherein the track comprises a plurality of rails, fixed in a parallel disposition relative to each other by at least one intermediate crosstie.
- 17. The mechanic's track creeper of claim 15, wherein the track comprises a lower surface that comprises a means for facilitating horizontal motion substantially laterally to the translational axis.

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18. The mechanic's track creeper of claim 15, wherein the rail interface comprises at least

one wheel, having a first and second axial ends, and

wherein the rail has a first and second sidewall in a corresponding orientation to the first and second axial ends, and

wherein the means for ensuring proper alignment of the rail interface relative to the rail comprises a flange on the first axial end of the wheel, operatively engaged with the corresponding first side-wall of the rail.

- 19. The mechanic's track creeper of claim 15, wherein the creeper comprises a translational locking device, which substantially fixes the creeper in a first translational position along the rail when engaged, and allows substantial translational freedom of motion of the creeper along the rail when disengaged.
- 20. The mechanic's track creeper of claim 15, wherein the creeper comprises:
- a lower frame, to which the rail interface
  is coupled;
- a swivel coupling, coupled to the lower frame; and
- an upper frame, operatively coupled to the swivel coupling, providing the capability for the

11 - 11 - 1

upper frame to be rotated relative to the lower frame.